

**C.B.H.S.C. PLAN FOR TEACHING SWIMMING
PUPIL RECORD OF ACHIEVEMENT**

Name		
<u>SHARKS TEN</u>		
Outcomes	Outcomes	x / ✓
	1. Continued demonstrating Lane etiquette: 5 second gap before starting, Stopping at end of lane for overtaking swimmer, Ensuring incoming swimmer can finish on wall.	
	2. Complete a set lasting 1600m (either 16 x 100m; 8 x 200m; 4 x 400m) on a specific timed turn around set by the coach (e.g. 2.30min for 100m's; 5.30min for 200m's; 12min for 400m's	
	3. Swim 400m Individual Medley with correct turns	
	4. Perform a continuous 100m IM kick without using a kick board	
	5. Perform a 15m under water Butterfly kick on back or front in streamlined position	
	6. Perform a prone 25m Butterfly kick for 25m without breaking the surface WITH or WITHOUT <u>FINS.</u>	
	7. Perform a Front Crawl relay take over – as an incoming Swimmer	
	8. Perform a Front Crawl relay take over – as an outgoing Swimmer	
9. Perform a series of test sets over several weeks leading up to a T20. 1= 25 x 100m on a send-off time 60%-70% effort 2= 20 x 100m holding average swim time set in previous set with 15 seconds added to send off time 3= 15 x 100m holding faster time than in previous set with a further 15 seconds added to send off time 4=T20		
Badges/ Awards	<p><u>(Badge work incorporates many skills not listed above)</u></p> <p>Freestyle – 2000m – Distance 3000m/4000m/5000m Pre-competition level 2 Honours Challenge</p>	
Teacher Comments	<p>T20 TEST DISTANCE = METRES</p>	
<p>Apply for progression to next squad</p> <p>Teacher Name</p>		
<p>Accepted for progression</p> <p>Signed Teacher (Junior Squad)</p>		